



Aquatic Exercise Programs

AQUA ZUMBA

This course is the “POOL PARTY” workout for all ages. A class that is safe effective and challenging water based workout. Aqua Zumba integrates the Zumba formula and philosophy into traditional aqua fitness disciplines .

Class meets twice a week for 45 minutes a class.

Month by Month

Tuesday & Thursday

7-7:45pm 8 Sessions

Cost: \$21/Member \$35/non-members

ARTHRITIS EXERCISE

This program is designed to help those with movement limitations associated with Arthritis. It is a slow-paced class focused on joint flexibility and movement.

You do not need to know how to swim, your head will not be under water.

Classes Meet and Register Month by Month

Monday-Tuesday- Wednesday-Thursday- Friday

10:30am to 11:30am

Tuesday & Thursday

3:30pm to 4:15pm

Cost: Free/ Members \$20/non-members

AQUA RX

This heart smart class is a self-directed program that features water exercise.

Work out at your own pace or with a friend.

Class meets Tuesdays and Thursdays at 10:30 to 11:30am

Cost: Free/ Members \$20/non-members. Registration is month to month.

